

January 2020

NEWS & VIEWS

Message from Jemma Lambert

We have much to celebrate together! With your support and the help of countless Town Departments, three of the four moves associated with the transition out of the Senior Center are now complete!

If you've not yet ventured over to 23 Clark Road to check out the "new" Senior Center, we'd encourage you to do so. The location is easy to get to and the space is comfortable and inviting. Lunch is being served daily at the Center and we are running a full schedule of classes and activities just as planned. We expect to move Frank, his staff and the nutrition program in general over to 23 Clark Road by the start of the new year.

The new and improved public bus route has begun delivering folks to Clark Street as of this writing; a wonderful addition that will help to ensure everyone who wishes to join us, may do so.

The search for Andover's next Director of Elder Services is nearing a conclusion and we anticipate welcoming your new Director to Andover early in 2020. Keep your eye on the newsletter for that important announcement and a welcoming event in the coming month or so.

I want to thank the wonderful team at Elder Services, the Council on Aging Board, the Transition Team, the Friends, the Town Manager and my fellow Department Heads one and all for lending their expertise during this complex transition. Everyone's hands have been or will be contributing to our continued success.

2020 is sure to be an exciting time for Andover Elder Services. We look forward to sharing regular status updates on the progress of the Senior Center construction once that project begins. In the meantime, wishing you and yours a wonderful New Year.

Kindest regards,

Jemma

ANDOVER ELDER SERVICES
The Senior Center at Punchard

Hours of Operation

Monday	8 am - 4 pm
Tuesday	8 am - 4 pm
Wednesday	8 am - 4 pm
Thursday	8 am - 4 pm
Friday	8 am - 4 pm

Contact Information

Phone: 978.623.8320
Info Line: 978.623.8302
Email: seniorcenter@andoverma.gov
Web: andoverma.gov/seniorcenter

Locations

Senior Center Programs,
Events, Classes: 23 Clark
Road, Andover

Senior Connections Social
Day Program: 2 Dundee
Park Dr. #201, Andover

Administrative Offices:
Town Hall, 36 Bartlet Street,
Andover

Follow us on Social Media!



@AndoverSeniorCenter

We are seeking new TRIAD Members.

If you are interested,
please complete the
talent bank form with
the Town Manager.

How to Register

In Person: Monday - Friday 8 am- 4 pm
Senior Center, 23 Clark Road, Andover
Town Hall Offices, 36 Bartlet Street, Andover

By Phone: 978.623.8320

Online: www.MyActiveCenter.com

Payments:

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check
- By phone: credit card

Inclement Weather Policy



When Andover Public Schools are closed for weather related issues, the Senior Center is also closed for all programs, activities, classes, lunch, and Meals on Wheels deliveries.

If your class is held at the Cormier Youth Center and schools are delayed due to weather, the Youth Center will not open until school opens. Other morning exercise classes, check with your Fitness Instructor.

School cancellations are announced on TV stations 4, 5, and 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. Please listen to these stations in the morning for announcements.

For up to date information on any schedule changes, please call our information line at 978-623-8302 for cancellations at any time.

Please note: This info line is an announcement line only.

Staff

Acting Director & Director of Community Services

Jemma Lambert
jemma.lambert@andoverma.us

Social Work/Outreach

Kristine Arakelian, LCSW
karakelian@andoverma.gov

Program Coordinator

Kathy Byrne, LSW
kathleen.byrne@andoverma.us

Transportation/Outreach

Shawna McCloskey, LSW
smccloskey@andoverma.gov

Volunteer Coordinator

Ashley English
ashley.english@andoverma.us

Office Assistant

Chris Marshall, Editor
chris.marshall@andoverma.us

Administrative Assistants

Caren Connor
Patty McCloskey
Kusum Basra

Senior Connections

Day Program

Stephanie McSurdy
Sharon Thomson, RN
Mary McGettrick
Alison Graziano

Nutrition Staff

Frank Melendez, Chef
fmelendez@andoverma.gov
Sue Starbird
Tina Solari

Drivers

George Perakis
George Thomson

Council on Aging Board Members

Paul MacKay, Chair
Molly Bicking, Vice Chair
Kenneth DeBenedictis
Joan Fox
Tana Goldberg
Louise Hadad
Jeff Kaplan
Kimberly Rainen
Thomas Rando
Judy Trerotola

The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.

Next meeting:
Thursday, January 9,
2020 at 8:30 am

VISION

Today's active older adults are redefining quality of life and healthy aging. The Center at Punchard strives to be the focal point for Andover area older adults who depend on us to support their vitality and independence, provide them with a sense of purpose and the opportunity for seniors to help seniors.

MISSION

To empower, improve and enrich the lives of our citizens, focusing on adults age 50 and over and those with disabilities, and enhance their quality of life and feeling of self-worth by promoting healthy aging, independence, life-long learning and physical, social and emotional well-being, through caring service with opportunities for social interaction among their peers and the community, recreation, basic support and needs services, culture, entertainment, education, volunteerism and community activism.

VALUES

COMPASSION	Caring about our community.
INTEGRITY	Adhering to high moral principles and professional standards.
SAFETY	Promoting a safe, inviting and accessible environment.
DIGNITY	Respecting all those who interact with the Center.
DIVERSITY	Embracing differences in skills, knowledge, cultural heritage, ethnicity, gender orientation, economic circumstance and religion.
LEADERSHIP	Guiding all toward life-long well-being.
WISDOM	Drawing from the accumulated wisdom of everyone to benefit the larger community.
INNOVATION	Reaching beyond the commonplace to address diverse interests and needs.
SERVICE	Assisting anyone in need of information, housing, food, caregivers, transportation and various other support.
REMEMBRANCE	Honoring the presence and accomplishments of our patrons in the community.
JOY	Bringing pleasure through education, social events and recreation.

Spotlight

THERE IS SOMETHING ABOUT ANDOVER

January 2020 Show Content

"Andover's Council on Aging"

View on Andover cable; Channel 47 (Verizon), Channel 8 (Comcast)



Monthly Events

Andover Chroniclers

Thursdays, January 2 and 16 at 9 am

NEW LOCATION: The Savings Bank, 84 Main Street

The Andover Chroniclers produce videos for the Center at Punchard. In addition, they produce a monthly program "There Is Something About Andover" that highlights local institutions and people to inform and entertain the community. It airs on Andover cable; Channel 47 (Verizon), Channel 8 (Comcast). Mon, Tues: 9 AM; Wed: 7 PM; Friday: 6 PM; Sat: 7 PM. This group meets on the first and third Thursday of the month.



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North Andover MA
978.683.1300
AshlandFarmAtNorthAndover.com

  575 Osgood Street | North Andover, MA 01845  



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4pi.com Andover Senior Center, Andover, MA 06-5052

Monthly Events

Book Club

Jan 2 and Jan 30, 2020 at 1:30 pm

This is a program operated in conjunction with the Memorial Hall Library. The books that the group reads are all different genres and they read a new book each month. At the end of the meeting participants receive the new book that they will be reading in the next month. The group meets on the 4th Thursday of every month to discuss the book that everyone read. Must register in advance. Cost: Free

Fix It Shop

Monday, January 6 & 27 from 1:00-3:00 pm

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

This is an excellent resource offered by a dedicated group of individuals who enjoy fixing things. Bring your lamps (new cords & sockets), small appliances, chairs, small tables and any other small project. They will try to fix it. First come first served basis. If you would like to join the group, stop by and say "Hi" Cost: \$4 plus parts for seniors (ID required); \$10 plus parts for non-seniors and non-residents; \$2 diagnostic fee

Hearing Aid Checks and Screening by appointment

Tuesday, January 7 from 9:30 –10:30 am

NEW LOCATION: Andover Hearing Center, 11 Chestnut St. #6

Wendy Ring, Audiologist is offering hearing aid cleanings and checks, as well as hearing screenings. Must call to make an appointment at 978-623-8320. First Tuesday of each month. Cost: Free

COA Board Meeting

Thursday, January 9 at 8:30 am

NEW LOCATION: Town Hall, Select Board Room, 3rd Floor

The Council on Aging Board meets on the second Thursday of each month. This is a public meeting and all are welcome to attend.

Pain Management Support Group

Monday, January 13 at 1:30 pm

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

This intimate and confidential group meets on the second Monday of each month and is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN. Must register to attend, please call. Cost: Free

Techie Live

Monday, January 13 at 1:00 pm

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

Chris Lefebvre from eXp Realty in Andover has grown up with computers and technology and has 30+ years of experience working with an array of technological devices. Questions about cell phones, tablets, laptop computers, etc. will be answered. Please call the Center to make a 30 minute appointment. Cost: Free

Happy Birthday to You!

Friday, January 17 at 11:45 am

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

Held on the third Friday of every month. You should come to this fun congregate lunch with entertainment (provided courtesy of the FRIENDS). It does not have to be your birthday month to attend - the more the merrier! Must register to attend. Cost: Suggested donation of \$3

Ask the Lawyer

Monday, January 27 at 9:30 am

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

Legal clinic is offered by Justin St. James, Esquire. He is licensed in MA & NH. Must call to schedule appointment. Appointments are 20 minutes and scheduled in chronological order to help save time. Please do not miss your appointment. Call to cancel if you cannot attend. Limit of one question/issue. Cost: Free

Monthly Events

Brown Bag

Tuesday, January 28 at 9:00 am

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

Individuals must be 60+ with an income less than \$21,978 for a single person or less than \$29,637 for a couple, or on Mass Health, food stamps or another public benefit. Eligible participants receive a grocery bag of perishable and non-perishable food items. Typically, Brown Bags are distributed on the fourth Tuesday of the month. Individuals who meet the requirements and want to participate must request an application from a staff member. Cost: Free

Coffee with Mark, VSO

On Hold

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

Please stop by to meet Mark Comeiro and learn more about veteran services provided on a local, state and federal level. Meets second Monday of the month. On hold until March 2020.

Parkinson's Disease Support Group update

On Hold

The Parkinson's Support Group is temporarily on hold. Next meeting is on Thursday, April 9, 2020 from 2:00-3:00 pm at Bridges by EPOCH, 254 Lowell Street, Andover. Please contact Kristine Arakelian at 978-623-8320 for updated information.

Caregiver Support Group

On Hold

The Caregiver Support Group is temporarily on hold. Next meeting is on Monday, April 20, 2020 from 1:30-3:00 pm. Please contact Ashley English at 978-623-8320 for updated information.

TRIAD Meeting

On Hold

TRIAD is a joint collaboration between the Andover Elder Services, Andover Police Department, Essex County District Attorney's Office and the Essex County Sheriff's Department. It is designed to enhance the delivery of law enforcement services to older persons through crime prevention and education programs. TRIAD Meetings are on hold until there are enough members for a quorum.

Podiatry/Foot Care

Wednesdays, call for Appointment

NEW LOCATION: Bridges by Epoch, 254 Lowell Street, Andover (cash and checks only)

A nurse from Foot Care Focus provides foot care services to Andover seniors. Homebound seniors who are interested should contact Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program. Must call to make an appointment at 978-623-8320. Appointments from 9 am-12 pm Cost: \$10

Chair Massage at Hands in Motion

Mondays in January

A seated chair massage will provide relaxation and self care. Must call David to make an appointment at 978-749-0029. Mondays from 10 am-12 pm. Cost: \$15 for 20 minutes for seniors over 60

Wellness Clinics

Weekly on Wednesdays from 2 pm - 3 pm

NEW LOCATION: 23 Clark Road (Ballard Vale United Church)

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs. No appointment necessary. Cost: Free

Andover Commons Mini Clinic: Monday, January 13th 2-3 pm

Frye Circle Mini Clinic: Monday, January 27th 1-2 pm

Medical Equipment

The local Masons have a medical equipment loan program that is open to people in need of accessing hospital equipment. This loan program is free and open to all. Equipment can be picked up on Saturdays at 500 West Cummings Park, Suite 1150, Woburn, MA.

Senior Connections

An engaging program creating meaningful days

Free Trial Day For New Senior Connections Participants

We invite new, interested individuals and families to take advantage of our FREE trial Day for Senior Connections. This is open to all NEW people who are considering services from our engaging program. A full intake packet must be done prior to the start of the **FREE trial day**. Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley contract.

You may also schedule a tour in advance by calling and asking for Stephanie.

Volunteers

ATTENTION SCRPT VOLUNTEERS

Through the transition, timesheets can be returned to the temporary home of the Senior Center at 23 Clark Rd. or the Senior Center Administrative Offices at Town Hall, first floor.

Timesheets can also be mailed to:

Town of Andover Senior Center
36 Bartlet St.
Andover, MA 01810

For questions about the status of your SCRPT hour totals, please feel free to call the main line at 978-623-8320.

U.S. Census 2020

Attention Snowbirds

The 2020 U.S. Census will be collected starting in March 2020, and for the first time, you can fill out the census form online. If you'll be in Florida or other warm climates at that time, but you live six or more months a year in Andover, please be sure to list your Andover address as your home. The census is used to determine our representation in Congress, as well as federal and state funding for our Senior Center, public safety services, infrastructure and public schools. It's important that every Andover resident is counted, even if you've flown south for the winter.

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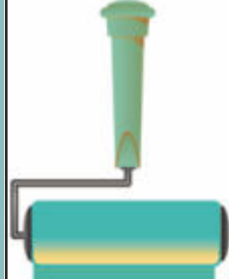
Servicing the Merrimack Valley BONDED & INSURED

January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6</p> <p>9:00 Quilting</p> <p>9:00 Sunrise Singers</p> <p>10:00 Rhythm-Aires</p> <p>12:00 Pulled Pork on a Bun</p> <p>1:00 Fix-it Shop</p> <p>1:00 Yoga for All</p> <p>3:00 Energize with Exercise</p>	<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p> <p>Phone reservations will be taken until 4:00 pm the day before you wish to come.</p> <p>Suggested donation \$3.00</p>	<p>1</p> <p>Center Closed</p> 	<p>2</p> <p>9:00 Andover Chronicle's @ The Savings Bank Community Room</p> <p>9:15 Men & Women in Motion</p> <p>10:20 Strengthen & Stride</p> <p>9:15-11:15 Walk the Gym</p> <p>10:00 Art Studio @ Stone Hill</p> <p>10:00 Women's Bridge</p> <p>10:00 Mindful Meditation</p> <p>12:00 Turkey</p> <p>12:30 Sit & Get Fit</p> <p>1:00 Duplicate Bridge</p> <p>3:00 Energize w/ Exercise</p>	<p>3</p> <p>8:15 Strength Training</p> <p>9:15 Strength Training</p> <p>10:45 Chinese ESL</p> <p>12:00 Baked Fish</p> <p>12:30 Canasta</p> <p>1:00 Forty-Fives/Bridge</p> <p>1:00 Social Bridge</p> <p>12:30 Chinese Rehearsal</p> <p>2:00 Ping Pong & Dancing</p>
<p>6</p> <p>9:00 Quilting</p> <p>9:00 Sunrise Singers</p> <p>10:00 Rhythm-Aires</p> <p>12:00 Pulled Pork on a Bun</p> <p>1:00 Fix-it Shop</p> <p>1:00 Yoga for All</p> <p>3:00 Energize with Exercise</p>	<p>7</p> <p>9:15 Men & Women in Motion</p> <p>10:20 Strengthen & Stride</p> <p>9:15-11:15 Walk the Gym</p> <p>9:15 Breath, Body, Balance</p> <p>10:30 Beginner Yoga</p> <p>12:00 Chicken Parm w/Ziti</p> <p>12:30 Sit & Get Fit</p> <p>12:30 Mahjong @ Stone Hill</p> <p>1:00 Canasta</p> <p>1:00 Social Bridge</p> <p>1:30 Zumba</p> <p>2:30 Line Dancing</p>	<p>8</p> <p>8:15 Strength Training</p> <p>9:15 Strength Training</p> <p>8:30 Comfort Critters</p> <p>9:00 Podiatry @ Bridges</p> <p>9:00 Scale Model Building</p> <p>9:00 Tap Dancing Basic</p> <p>9:45 Tap Performance</p> <p>10:00 Fiber Arts</p> <p>10:00 Grocery Shopping</p> <p>12:00 Stuffed Cabbage</p> <p>1:00 Knit Wits</p> <p>1:00 Yoga Advanced Beginner</p> <p>2:00 Wellness Clinic</p>	<p>9</p> <p>8:30 COA Board Meeting: Select Board Room</p> <p>9:15 Men & Women in Motion</p> <p>10:20 Strengthen & Stride</p> <p>9:15-11:15 Walk the Gym</p> <p>10:00 Art Studio @ Stone Hill</p> <p>10:00 Women's Bridge</p> <p>10:00 Mindful Meditation</p> <p>12:00 Lemon Chicken</p> <p>12:30 Sit & Get Fit</p> <p>1:00 Duplicate Bridge</p> <p>3:00 Energize w/ Exercise</p>	<p>10</p> <p>8:15 Strength Training</p> <p>9:15 Strength Training</p> <p>10:45 Chinese ESL</p> <p>12:00 Fish</p> <p>12:30 Canasta</p> <p>1:00 Forty-Fives/Bridge</p> <p>1:00 Social Bridge</p> <p>12:30 Chinese Rehearsal</p> <p>2:00 Ping Pong & Dancing</p>
<p>13</p> <p>9:00 Quilting</p> <p>9:00 Sunrise Singers</p> <p>10:15 Rhythm-Aires</p> <p>12:00 Meatballs Marinara</p>	<p>14</p> <p>9:15 Men & Women in Motion</p> <p>10:20 Strengthen & Stride</p> <p>9:15-11:15 Walk the Gym</p> <p>9:15 Breath, Body, Balance</p>	<p>15</p> <p>8:15 Strength Training</p> <p>9:15 Strength Training</p> <p>8:30 Comfort Critters</p> <p>9:00 Podiatry @ Bridges</p> <p>9:00 Scale Model Building</p>	<p>16</p> <p>9:00 Andover Chronicle's @ The Savings Bank Community Room</p> <p>9:15 Men & Women in Motion</p> <p>10:20 Strengthen & Stride</p>	<p>17</p> <p>8:15 Strength Training</p> <p>9:15 Strength Training</p> <p>10:45 Chinese ESL</p> <p>12:00 BIRTHDAY LUNCH</p> <p>Chinese Buffet</p>

<div>1:00 Yoga for All</div> <div>1:00 Fix-it Shop</div> <div>1:00 Techie Live</div> <div>3:00 Energize w/ Exercise</div>	<div>12:30 Chicken Marsala</div> <div>12:30 Sit & Get Fit</div> <div>12:30 Mahjong @ Stone Hill</div> <div>1:00 Canasta</div> <div>1:00 Social Bridge</div> <div>1:30 Zumba</div> <div>2:30 Line Dancing</div>	<div>9:00 Scale Model Building</div> <div>9:00 Tap Dancing Basic</div> <div>9:45 Tap Dance Performance</div> <div>10:00 Fiber Arts</div> <div>10:00 Grocery Shopping</div> <div>12:00 Shepherd's Pie</div> <div>1:00 Knit Wits</div> <div>1:00 Yoga Advanced Beginner</div> <div>2:00 Wellness Clinic</div>	<div>9:15-11:15 Walk the Gym</div> <div>10:00 Studio Art@ Stone Hill</div> <div>10:00 Mindful Meditation</div> <div>10:00 Women's Bridge</div> <div>12:00 Chicken Pesto</div> <div>12:30 Sit & Get Fit</div> <div>1:00 Bridge</div> <div>3:00 Energize w/ Exercise</div>	<div>12:30 Canasta</div> <div>1:00 Forty-Fives/Bridge</div> <div>1:00 Social Bridge</div> <div>12:30 Chinese Rehearsal</div> <div>2:00 Ping Pong & Dancing</div>	<div>Chinese Burger</div>
<div>Center Closed</div> <div>Martin Luther King Day</div>	<div>20</div> <div>9:15 Men & Women in Motion</div> <div>10:20 Strengthen & Stride</div> <div>9:15-11:15 Walk the Gym</div> <div>9:15 Breath, Body, Balance</div> <div>10:30 Beginner Yoga</div> <div>12:00 Meatloaf</div> <div>12:30 Sit & Get Fit</div> <div>12:30 Mahjong @ Stone Hill</div> <div>1:00 Canasta</div> <div>1:00 Social Bridge</div> <div>1:30 Zumba</div> <div>2:30 Line Dancing</div>	<div>22</div> <div>8:15 Strength Training</div> <div>9:15 Strength Training</div> <div>8:30 Comfort Critters</div> <div>9:00 Podiatry @ Bridges</div> <div>9:00 Scale Model Building</div> <div>9:00 Tap Dancing Basic</div> <div>9:45 Tap Dance Performance</div> <div>10:00 Fiber Arts</div> <div>10:00 Grocery Shopping</div> <div>12:00 Beef Stroganoff</div> <div>1:00 Knit Wits</div> <div>1:00 Yoga Advanced Beginner</div> <div>2:00 Wellness Clinic</div>	<div>21</div> <div>9:15 Men & Women in Motion</div> <div>10:20 Strengthen & Stride</div> <div>9:15-11:15 Walk the Gym</div> <div>9:15 Breath, Body, Balance</div> <div>10:30 Beginner Yoga</div> <div>12:00 Meatloaf</div> <div>12:30 Sit & Get Fit</div> <div>12:30 Mahjong @ Stone Hill</div> <div>1:00 Canasta</div> <div>1:00 Social Bridge</div> <div>1:30 Zumba</div> <div>2:30 Line Dancing</div>	<div>23</div> <div>9:15 Men & Women in Motion</div> <div>10:20 Strengthen & Stride</div> <div>9:15-11:15 Walk the Gym</div> <div>10:00 Studio Art@ Stone Hill</div> <div>10:00 Mindful Meditation</div> <div>10:00 Women's Bridge</div> <div>12:00 Chicken Cordon Bleu</div> <div>12:30 Sit & Get Fit</div> <div>1:00 Bridge</div> <div>3:00 Energize w/ Exercise</div>	<div>24</div> <div>8:15 Strength Training</div> <div>9:15 Strength Training</div> <div>10:45 Chinese ESL</div> <div>12:00 Lemon Pepper Scrod</div> <div>12:30 Canasta</div> <div>1:00 Forty-Fives</div> <div>1:00 Social Bridge Drop in</div> <div>12:30 Chinese Rehearsal</div> <div>2:00 Ping Pong & Dancing</div>
<div>9:00 Quilting</div> <div>9:00 Sunrise Singers</div> <div>9:00 Ask the Lawyer</div> <div>10:15 Rhythm-'Aires</div> <div>12:00 Lasagna w Spinach</div> <div>1:00 Yoga for All</div> <div>1:00 Fix-it Shop</div> <div>1:00 Techie Live</div> <div>3:00 Energize w/ Exercise</div>	<div>27</div> <div>9:15 Breath, Body, Balance</div> <div>9:30 Brown Bag</div> <div>10:30 Beginner Yoga</div> <div>12:00 Stuffed Chicken</div> <div>12:30 Sit & Get Fit</div> <div>12:30 Mahjong @ Stone Hill</div> <div>1:00 Canasta</div> <div>1:00 Social Bridge</div> <div>1:30 Zumba</div> <div>2:30 Line Dancing</div>	<div>29</div> <div>8:15 Strength Training</div> <div>9:15 Strength Training</div> <div>8:30 Comfort Critters</div> <div>9:00 Podiatry @ Bridges</div> <div>9:00 Scale Model Building</div> <div>9:00 Tap Dancing Basic</div> <div>9:45 Tap Dance Performance</div> <div>10:00 Fiber Arts</div> <div>10:00 Grocery Shopping</div> <div>12:00 Roast Pork Loin</div> <div>1:00 Knit Wits</div> <div>1:00 Yoga Advanced Beginner</div> <div>2:00 Wellness Clinic</div>	<div>30</div> <div>9:15 Men & Women in Motion</div> <div>10:20 Strengthen & Stride</div> <div>9:15-11:15 Walk the Gym</div> <div>10:00 Studio Art@ Stone Hill</div> <div>10:00 Mindful Meditation</div> <div>10:00 Women's Bridge</div> <div>12:00 Pot Roast</div> <div>12:30 Sit & Get Fit</div> <div>1:00 Bridge</div> <div>3:00 Energize w/ Exercise</div>	<div>31</div> <div>8:15 Strength Training</div> <div>9:15 Strength Training</div> <div>10:45 Chinese ESL</div> <div>12:00 Stuffed Chicken</div> <div>1:00 Canasta</div> <div>1:00 Forty-Fives</div> <div>1:00 Social Bridge Drop in</div> <div>12:30 Chinese Rehearsal</div> <div>2:00 Ping Pong & Dancing</div>	

SUPPORT THE ADVERTISERS THAT SUPPORT OUR COMMUNITY



Fitness Classes · Winter Session 2019-2020 · Dec. 9, 2019 - Feb. 21, 2020

All classes this session are \$25! There are no make up classes, no price adjustments

No classes held at the Youth Center during school vacation

Senior Center is closed on Dec. 25, 2019 / Jan. 1, Jan. 20, Feb. 17, 2020

Senior Center is closed at noon on December 24, 2019 / No classes after 1:30 on December 31, 2019

EXERCISE CLASSES NEW LOCATION: 23 CLARK ROAD (unless noted differently)

Breath, Balance & Body

Tuesdays | 9:15 am | Instructor: Pat Dumont

Improve breathing & balance through gentle exercise, strengthening & lifestyle health.

Energize w/ Exercise *Mondays | 3:00 pm | Instr: Denise Boucher / Thursdays | 3:00 pm | Instr: Andrea Deyermond*

Energizing workout, building flexibility and strength, with a buffet of exercise options for the 50 + group.

Line Dancing

Tuesdays | 2:30 pm | Instructor: Valerie Cagnina

Easy line dancing set to different styles of music. Appropriate for beginner to intermediate level.

Men & Women in Motion - at Youth Center

Tuesdays | 9:15 am | Instructor: Denise Boucher

Thursdays | 9:15 am | Instructor: Tracy Callahan

Functional & sports based movements linked together for a 30 minute moderate to vigorous aerobic workout followed by balance & strength building .

Sit & Get Fit *Tuesdays | 12:30 pm | Instructor: Denise Boucher Thursdays | 12:30 pm | Instructor: Tracy Callahan*

Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits.

Strength & Stride - at Youth Center

Tuesdays 10:20 am | Instructor: Denise Boucher

Thursdays | 10:20 am | Instructor: Tracy Callahan

This class mixes low impact aerobics with muscle conditioning, as well as working on balance. Great for all levels.

Strength Training

Wednesdays | 8:15 & 9:15 am | Instructor: Pat Dumont

Fridays | 8:15 & 9:15 am | Instructor: Barbara Maguire

The use of resistance bands & hand weights increases muscular strength & endurance.

Tai Chi Beginner (starts Jan. 7)

Tuesdays | 1:20 p.m. | Instructor: Meg Holmes

This class is for students who are new to Tai Chi.

Tai Chi Intermediate (starts Jan. 9)

Thursdays | 2:30 pm | Class limit 10 | Instructor: Meg Holmes

This class is for students who have learned the complete Yang style 24 Form.

Tai Chi Advanced Beginner (starts Jan. 9)

Thursdays | 1:20 pm | Instructor: Meg Holmes

This class is for students who have learned the complete Yang style 24 Form.

Tap Dancing Basic - at Dance Infusion

Wednesdays, | 9 am | Instructor: Audrey Nason

Tap routines encourage you to relax while also improving balance, coordination and posture.

Tap Dancing Performance - at Dance Infusion *Wednesdays, | 9:45 am | Instructor: Audrey Nason*

For dancers who have taken Tap Dancing Basic. This includes performing at different events in the community.

Walk the Gym - at Youth Center

Tuesdays & Thursdays | 9:15 am - 11:15 am | free

This group walks together in the gym at the Youth Center. Be sure to sign in.

Yoga Advanced Beginners

Wednesdays | 1 pm | Instructor: Pat Dumont

Some prior experience suggested for this gentle yoga practice. Use floor or chair if you prefer.

Yoga For All

Mondays | 1:00 pm | Instructor: Pat Dumont

Slow flowing positions, facilitate muscle endurance, increase strength, improve balance & flexibility.

Yoga for Beginners

Tuesdays | 10:30 a.m. | Instructor: Pat Dumont

A gentle, pleasurable experience for beginners or those returning to yoga.

Zumba

Tuesdays | 1:30 p.m. | Instructor: Valerie Cagnina

Cardio fitness dance



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NEW LOCATION OF THE SENIOR CENTER

23 Clark Road, Andover at the Ballard Vale United Church

NOW OPEN

We welcome everyone to stop by the NEW temporary location of the Senior Center at 23 Clark Road, Andover at the Ballard Vale United Church.

- ◇ **Exercise Classes and Drop-In Groups** begin on Monday, December 9.
- ◇ **Congregate Lunch** is being served at 23 Clark Road. Please sign up one day in advance by phone 978-623-8320 or on www.MyActiveCenter.com



Transportation

CALL SHAWNA OR ASHLEY TO TALK ABOUT ALL THINGS TRANSPORTATION AT 978-623-8320

Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Ashley for more details. Donations accepted

Daily Ride to the Center

Daily trip to and from the Center; no charge; donations welcome.

Grocery Shopping - Market Basket

Door-to-door service - we pick you up at your house and bring you home. Call to register. Cost: Free

Townie Trips

The Center offers Thursday Andover Townie Trips - travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon.

CAR-POOLING....there is parking available but it would be nice to share rides and save space....it's good for the environment too!

MVRTA Bus service is generously offering a **REVISED #21 BUS ROUTE** to accommodate bringing people to and from our temporary location.



Customer Notice of Route 21

As of December 10, 2019 we will be servicing the **Andover Senior Center** now located at the **Ballard Vale United Church on 23 Clark Road, Andover**

The route change will be as follows:

OUTBOUND: From Chestnut Court
Left onto Morton St.
Left onto Chestnut St.
Left onto Central St. to regular routing

INBOUND: From Chestnut Court
Left onto Morton St.
Left onto Chestnut St.
Left onto Central St.
Right onto School St.
Left onto Essex St.
Left onto Redspring Road / Andover St.
Right onto Hall St.
Left Ballard Vale United Church
Left onto Clark Rd.
Left onto Andover St. / Redspring Rd.
Right onto Essex St.
Right onto School St.
Left onto Central St.
Right onto Chestnut St. to Chestnut Court

OUTBOUND								
	1	2	3	4	5	6	7	8
	Bus starts	Bus leaves	Bus leaves	Bus leaves	Bus leaves	Bus leaves	Bus leaves	Bus ends
	at Chestnut Court	from Main & Central	from Andover Commons	from Shawsheen Plaza	from Frye Circle	from Doctors' Park	at YMCA	at N. Andover Mall
AM	8:00	8:03	8:07	8:10	8:13	8:20	8:22	8:28
	9:30	9:33	9:37	9:40	9:43	9:50	9:52	9:58
	11:00	11:03	11:07	11:10	11:13	11:20	11:22	11:28
	12:30	12:33	12:37	12:40	12:43	12:50	12:52	12:58
PM	2:00	2:03	2:07	2:10	2:13	2:20	2:22	2:28
	3:30	3:33	3:37	3:40	3:43	3:50	3:52	3:58
	5:00	5:03	5:07	5:10	5:13	5:20	5:22	5:28
	6:30	6:33	6:37	6:40	6:43	-	-	-

INBOUND							
	8	9	10	11	12	13	14
	Bus starts at N. Andover Mall	Bus starts from Doctors' Park	Bus leaves from Frye Circle	Bus leaves from Shawsheen Plaza	Bus leaves from Andover Commons	Bus leaves at Chestnut Court	Bus leaves at Ballard Vale Church
AM	8:28	8:36	8:42	8:46	8:49	8:56	9:15
	9:58	10:06	10:12	10:16	10:19	10:26	10:45
	11:28	11:36	11:42	11:46	11:49	11:56	12:15
	12:58	1:06	1:12	1:16	1:19	1:26	1:45
PM	2:28	2:36	2:42	2:46	2:49	2:56	3:15
	3:58	4:06	4:12	4:16	4:19	4:26	4:45
	5:28	5:36	5:42	5:46	5:49	5:56	6:15

For more additional information call 978-469-6878

The Andover Senior Community FRIENDS, Inc.

The Andover Senior Community FRIENDS, Inc.

PO Box 576

Andover, MA 01810



**The Andover Senior
Community FRIENDS
upcoming meetings:**

**Friday, January 17th
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at The Savings Bank**

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There are several openings on the FRIENDS board. If you are interested in participating please contact Ann O'Sullivan at (978) 623-8112.

Make your Amazon purchases through AmazonSmile (smile.amazon.com) and enter the name of the Andover Senior Community Friends, Inc. as your charity. Amazon will donate a portion of the purchase price to the FRIENDS. It costs you nothing and will benefit our organization.

Help the FRIENDS support the programs at the Center at Punchard. Check out all we do! The FRIENDS are a 501c3

PAVE THE PATIO

As part of the Capital Campaign to renovate and expand the Andover Senior Center, we are selling bricks, which will become part of the new patio at the newly renovated Senior Center. These bricks can be inscribed with the name of a loved one, living or deceased, or can be used to celebrate a birthday, anniversary or a new family member or to honor someone dear. These will be a permanent memorial to that person or family. See our website for more details.

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